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HORTON FIGHT WILL NOT STOP

Hannah Somerville
hsomerville@nqo.com

CAMPAIGNERS have emphasised the fight is not over after a decision to downgrade maternity services at the Horton General Hospital was referred to the Health Secretary.

At a heated meeting last Thursday the 12 voting members of the Oxfordshire Health Overview and Scrutiny Committee (HOSC) voted unanimously to ask Secretary of State Jeremy Hunt to make the decision.

The motion, which failed in September the first time it was first put before members, was proposed by Deddington councillor Arash Fatemian and Banbury councillor Kieron Mallon.

It questions the decision by Oxford University Hospitals NHS Foundation Trust to 'temporarily' downgrade the unit to midwife-led status due to staffing issues.

Speaking after the vote Mr Fatemian said: "I was disappointed that at the September meeting HOSC did not refer the decision to the Health Secretary."

"This was done on the understanding that the action plan put in place by the trust would result in maternity services at the Horton being reinstated as consultant-led by the beginning of March, but it is clear now that this will be not be the case."

"The people of North Oxfordshire deserve high-quality, safe, local acute healthcare, especially our mothers and babies."

"I urge the Secretary of State to refer the trust's decision to the Independent Review Panel, whose findings helped to prevent downgrades at the Horton back in 2008."

Addressing the committee, Keith Strangwood of Keep the Horton General said: "This is the start of the next stage of the battle. Well done, but please stick with it."

Since October 3 mothers deemed 'high-risk' – which includes anyone wanting an epidural – have needed to travel to the John Radcliffe Hospital in Oxford to give birth.

Between then and Wednesday, January 11, there were 52 births at the Horton midwife-led unit, with 13 women in labour transferred to the John Radcliffe Hospital.

Both Banbury MP Victoria Prentis and Witney MP Robert Courts welcomed the referral of the decision to the Secretary of State.

Mrs Prentis said: "The people of



Hospital campaigner Keith Strangwood talks to shoppers in Oxford

The decision to downgrade maternity services referred to health secretary

North Oxfordshire have been faced with a change in service on which they had absolutely no say.

"It will be interesting to see how the decision to refer will impact the split consultation exercise which is ongoing, and about which I continue to have grave concerns."

"The fight continues, but I am confident that the Secretary of State will take this issue very seriously."

Oxfordshire Clinical Commissioning Group is consulting on a raft of changes to the way the NHS is delivered in Oxfordshire.

The plans, part of a tri-county 'sustainability and transformation plan', are being consulted on in two parts.

Phase one includes a loss of 200 acute beds in the county's hospitals and the centralisation of stroke and critical care services away from the Horton, but the maternity service is only being consulted on in phase two.

Speaking at HOSC last week, Calthorpe resident and local solicitor Eddie Reeves said the plans were 'disproportionately detrimental' to Banbury.

He said: "The while thing is ill-conceived."

"By 'revisions', read 'reductions' for the people of Banbury."

"Banbury needs a fully-functioning Horton and our county needs an important strategic centre in the north, rather than rely on an increasingly impenetrable John Radcliffe."

OUH spokeswoman Susan Brown said: "We acknowledge the decision made by HOSC to refer the decision to the Secretary of State."

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Extra topping for local job market

TEN jobs have been created by the renovation of a pizza franchise at Banbury Cross Retail Park.

Pizza Hut has just reopened after a £291,000 makeover to create a more interactive space with a new menu.

Alongside the eponymous dish visitors can look forward to Kentucky style BBQ ribs, American-style waffles and 'frickles' – fried pickles.

The investment in the Banbury branch is part of a nationwide redesign programme by the company.

It is spending a grand total of £60m, secured through private equity investment from Rutland Partners in late 2012, on refurbishment and restructuring.

The new-look Banbury hut also features a central preparation station with a range of desserts including warm cookie dough, and a self-service soft drinks hub.

Restaurant manager Ashley Woollery said: "I can't believe how different the hut looks. It's fantastic."

"We've added two stand-out feature walls, funky lights and stylish booths that are great for families or groups of friends."

"The whole team is really impressed with the new makeover and I think our guests will be too."

Anyone interested in vacancies should visit pizzahut.co.uk/aboutus/recruitment

Talks and tours

FAMILIES and history enthusiasts are invited to take part in a programme of talks, gallery tours, workshops and fun at Banbury Museum on Saturday, February 18.

From 10.30am the museum in Spiceball Park Road will host an open day in which visitors can join a family history drop-in or a poetry-writing seminar, and enjoy a guided tour of the Royal Photographic Society's science exhibit. The whole event is free.

Fab four set up group to give support to diabetics

'Safe social forum' to offer help for sufferers and their loved ones across region

Hannah Somerville
hasomerville@nqo.com

A SUPPORT network for people in Banbury living with diabetes has been launched by four people from the town.

Last year national charity Diabetes UK, which campaigns on behalf of people with the condition, appealed in the Banbury area for help setting up a free group for locals.

Four people with type one and type two diabetes have since stepped up to the plate and will hold the first open event for would-be participants later this month.

Committee member and media manager Amanda Tudhope, 43, said: "It is our aim in the group to provide help and support to people living with diabetes and their families and friends living in Banbury and the surrounding areas."

"We aim to do this primarily through group meetings with the express purpose of providing individuals with a safe, social forum to discuss diabetes and its effects."

Diabetes is a lifelong condition



The four founding members of a new Diabetes UK support group in Banbury, from left, chairman Darryl Timmins, secretary Frances Bridgman, treasurer Marion Roderick and media manager Amanda Tudhope

that causes a person's blood sugar to become too high and in the long term can affect eyesight, the kidneys and cardiovascular health.

In type one diabetes the body's immune system destroys the cells that release insulin, the hormone regulating blood sugar, while in type two – which affects the vast majority of sufferers – the body develops a resistance to insulin

and cannot immediately use it in the right way.

Ms Tudhope said: "When and where we can we will also try to raise money to promote awareness of diabetes, and generally contribute in any way we can."

People with diabetes, their loved ones and any individuals who want to find out more are invited to get involved.

The group's first meeting is on Wednesday, February 22, from 7.45pm at Hanwell Fields Community Centre in Banbury.

Experts from the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) will be present for a Q&A session and refreshments will be provided.

For more information visit banbury.diabetesukgroup.org



Proposals

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Driver fined for getting stuck

AN HGV driver has been slapped with a £100 fine after managing to get his lorry wedged across a village road in North Oxfordshire according to a tweet from police.

The Quicktrans lorry got stuck during the morning rush hour on Monday after attempting unsuccessfully to make a turn in Hill Farm Lane, in the village of Duns Tew.

Thames Valley Roads Policing team said on Twitter that they were called to the scene and the driver was issued with an on-the-spot fine for causing disruption to local residents.

Pair rescued from home fire

TWO Banbury residents were helped away from their home by firefighters at the weekend and treated for smoke inhalation.

Oxfordshire Fire and Rescue Service was called to the scene in Gillett Road at 12.10pm on Saturday.

Three fire engines from Banbury, Deddington and Hook Norton attended and were faced on arrival with smoke pouring from the property's open front door.

The smoke alarm was on and working and crews were able to help two people get out of the property before the ambulance service arrived.

Station manager Paul Webster said: "This incident emphasises the importance of having at least one working smoke alarm on each level of your home which should be tested once a week."

Horse around

AN EVEING of dinner and horsing around with Banbury's Mayor will raise crucial cash for two local service groups.

People in the Banbury area are invited to join the Mayoral Civic Dinner, which takes place on Friday, February 24, from 7pm in Banbury Town Hall.

The event will include a three-course meal and the chance to saddle up and place bets as part of the 'night at the races' theme.

All proceeds will go to the Citizens Advice Bureau and the Lions Club of Banbury.

Tickets cost £35.

For more information email info@banbury.gov.uk

Plan for one-size-fits-all super council 'ludicrous'

District council leader claims plan will 'wreak devastation' on people

Matt Oliver
moliver@nqo.com

A PACT between three council bosses to bid for an Oxfordshire super council would 'wreak devastation' on people in Cherwell, it has been claimed.

In an announcement on Monday, South Oxfordshire and Vale of White Horse district councils said they were backing proposals put forward by Oxfordshire County Council which could save £20m a year.

It would see council tax made the same for all households, with the new authority also given sweeping powers to approve major housing developments across the county.

The existing six councils – which currently manage services separately – would all be abolished, meaning up to 180 councillors and 400 staff could lose their jobs.

Cherwell District Council leader Barry Wood said: "These plans would wreak devastation on the very people I am elected to protect."

"Time and again Oxfordshire County Council has proven it is inept at managing its budgets and responsibilities; its council tax has gone up year-on-year but service provision has gone down."

"Cuts were made to children's centres, highway maintenance and bus routes, when the only thing that really needed to be cut – and wasn't – was the grass."

"The idea of a one-size-fits-all council is ludicrous."



Leader of Cherwell District Council Barry Wood and Oxfordshire County Council leader Ian Hudspeth



South Oxfordshire District Council, Vale of White Horse District Council and the county council said they want 'a quick decision' from ministers, so that elections for the super council could be held as early as May 2018.

In a joint statement, Vale of White Horse leader Matthew Barber, South Oxfordshire leader John Cotton and county council leader Ian Hudspeth said: "Becoming a single unitary council will transform the way we deliver our services to the people of Oxfordshire for the better – we have come together to make this happen."

It is a dramatic change in position for Vale of White Horse and South Oxfordshire, which previously argued a super council would be too unwieldy and 'distant' from local people.

But the announcement reveals they have won several concessions, including assurances council tax would be the same across different areas, protections for their cash reserves, and a larger number of local committees for decision-making.

A proposed limit stopping local committees from considering planning applications of 200 homes or more could also be changed, Mr Barber said.

He added: "In my district we deal with planning applications of that size and larger with no problems, so I think there are good reasons for area boards to consider them."

The council leaders have been backed by Wantage MP Ed Vaizey. The three councils said their bid to the Government in March would 'build on' proposals launched by the county council last month.

They claim £400,000 could be saved a week – enough to fill 5,700 potholes or pay for almost 20,000 hours of home care – if a super council takes over services currently split between county and district level, such as rubbish collection, roads, council housing, planning, leisure centres and social care.

Oxford City Council leader Bob Price accused the three Conservative-run councils of making a 'power grab' with their bid for a county-wide shake-up.

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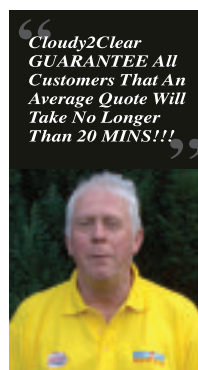
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Dumping rubbish ‘on the



Contractors remove rubbish dumped around the county; below, fly-tipped waste next to the Oxford Canal in Banbury last month

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cheap' costs thousands

Council issues warning of fines and prosecution as fly-tipping incidents rise across the county

Hannah Somerville
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TAXPAYERS are still forking out thousands of pounds every year to clean up the mess left by fly-tippers.

In the financial year 2015 to 2016 there were 558 incidents of fly-tipping, the illegal dumping of waste in public places, in areas covered by Cherwell District Council.

Authorities have asked people to look out for "selfish and reckless individuals" leaving piles of rubble, household waste and even furniture in places that are not designated dumps.

Debbie Pickford, Cherwell's lead member for clean and green, said fly-tipping was on the increase in North Oxfordshire and was "extremely difficult to stop".

She said: "It's unbelievable. We do everything we can but some people just chuck their waste over their wall."

"We take it extremely seriously. We will fine people and if they persist we will take them to court, and that costs a lot of money."

Fly-tips the size of or smaller than a car boot full cost the district council £29 to deal with.

Those the size of a small van cost £56 to clear and it costs a whopping £115 per incident for fly-tips the size of a transit van.

Mrs Pickford said: "Half the time people have to have a car to fly-tip. If you've got a car and can take it to a farmer's gate, why not take it a little bit further to the tip?"

We spent time with officers at Vale of White Horse and South Oxfordshire District Councils to discover just what the issue involves.

Paul Holland, environmental protection manager for Vale and South, said a big problem across



Debbie Pickford, Cherwell's lead member for clean and green

Oxfordshire was 'professional fly-tippers' offering to take rubbish away for between £50 and £70, which would then be dumped down a back road or in a field.

He added: "It would cost about £150 for a resident to dispose of a 'van load of waste'."

"If you pay anything less, there is a potential someone could fly-tip that waste."

He warned people to conduct checks on those offering to dispose of waste, such as asking to see their licence, getting a receipt and taking a note of the vehicle registration.

In 2015/16 there were 255 incidents of fly-tipping reported to the Vale compared to 497 incidents in South Oxfordshire.

Tony Harbour, cabinet member for the environment at South Oxfordshire District Council, said: "We live in a beautiful area of the country and do not want it blighted by selfish and reckless individuals."

"Fly-tipping costs thousands of pounds a year to clean up and investigate, and we will not hesitate to prosecute anyone we believe is responsible."



Officers search rubbish for identification of the person who dumped it and, below right, take pictures for evidence



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£10k prize for young boffins

YOUNGSTERS in Oxfordshire have the chance to win £10,000 in a competition to come up with ideas on how to use satellite data to improve life on Earth.

The SatelLife Challenge, run by the UK Space Agency, is looking for inspirational ideas from young scientists aged 11 to 22, linking satellite and space data application to everyday life.

Examples could include using satellite data to tackle loneliness among elderly people, looking at changes to green spaces and identifying exercise routes based on traffic flows.

The competition is split into three age groups, offering five prizes of £5,000 for each age category with an overall winner receiving £10,000.

The best entries will also be invited to present at the UK Space Conference in Manchester from May 30 to June 1.

For more information see gov.uk/government/news/competition-to-uncover-space-entrepreneurs-of-tomorrow

Art exhibition

ARTISTS of all stripes with links to Deddington are being sought by the village's Festival Committee to join the relaunched art exhibition.

The exhibition was a popular part of the annual Deddington Festival for years and is making a comeback on Saturday, June 11, and Sunday, June 12, this year.

Potters, painters and sculptors can enter up to three pieces of original work, up to a square metre in size, for £5 per piece or £3 for under-18s.

All entries need to be handed in by June 1, 2017, and 15 per cent of all sales will go to Deddington Festival.

For more information email art@deddingtonfestival.org.uk

Car parks shut

DRIVERS are being advised that the Calthorpe Street West long and short stay car parks in Banbury are now closed for maintenance works.

The work began on Monday and will continue until 6pm on Monday, February 20, when the car parks reopen.

Surface repairs and relining are taking place. Signs are being displayed at the car park entrances and ticket machines to inform users.

The nearest alternative car parks are at Calthorpe Street East and on South Bar Street. Visit cherwell.gov.uk/carparks

Council's warning to unregistered voters

PEOPLE in North Oxfordshire who have not contacted the council will be told this week they have been removed from the electoral register.

Under national guidelines the elections team at Cherwell District Council is required to take an annual review of elector details.

People in North Oxfordshire who have failed to confirm or update the details during the 2016 annual canvass were sent final reminder letters in

December. Those who missed the final 14-day window to update their details will receive letters in the next few days advising them they have been removed from the electoral register.

James Doble, Cherwell's deputy electoral registration officer, pictured, said: "We have a duty to conduct an

annual canvass in order to maintain an up-to-date register.

"Aside from the right to vote the register is used for jury selection and to perform credit checks for applications for things such as a mortgage, mobile phone contracts and credit cards.

"If details are not kept up

to date this could affect individual credit ratings, and cause complications in the future."

The decision of whether or not to vote is a matter of personal choice in the UK but everyone aged 18 and over must be registered or risk a £1,000 fine.

Mr Doble added: "If a household does not respond, we use every effort to seek further clarification regarding the electors at the property.

"Those who have failed to notify us will be removed from the electoral register with immediate effect."

The deadline to be included on the register and be able to vote in the county council elections taking place on Thursday, May 4, is midnight on Thursday, April 13.

If anyone failed to respond but is still a resident at their address they need to reregister at gov.uk/register-to-vote



Volunteers have stamps appeal for charity licked

So far 170,000 have been donated to church to boost Oxfam and Leukaemia Care

Hannah Somerville
hsomerville@nqo.com

A STAGGERING 170,000 stamps have now been collected in a Banbury-wide appeal for charities Oxfam and Leukaemia Care.

Since 2011, volunteers from the Church of Jesus Christ of Latter-day Saints have led efforts collecting, cutting out and sorting used stamps donated by residents.

In the past year almost 50,000 more stamps have been gathered and the church in Chatsworth Drive now has its sights set firmly on the 200,000 milestone.

Project co-ordinator Des Waddington said: "It is wonderful that the appeal in Banbury has gained further momentum and we now have 170,000 stamps donated."

"Such a simple act of kindness can have a great impact on the lives of those the charities are helping."

"I would like to say a big thank-you to all the individuals, schools and businesses in the Banbury area who have contributed to this really worthwhile project."

People can donate stamps to the cause by dropping them off at art shop The Artery in Parsons Street.

Members of the church and friends process them by cutting excess paper away, separating them into UK or overseas and counting them into batches of 500.

They are then donated to humanitarian charity Oxfam and blood can-



The Artery owner Barry Whitehead with the latest batch of stamps

cer support charity Leukaemia Care to sell on to collectors to fund their endeavours.

The Artery owner Barry Whitehead said: "It's great to see that as word spreads we are collecting

stamps, more and more are being dropped off here at the shop.

"It's recycling at its basic level, helping good causes from something that would normally be thrown away is a good way of supporting

charities, even if money is tight."

All varieties of old stamps are accepted, with donors including both avid collectors and families getting rid of Christmas card envelopes.

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Come on guys, show your dance moves

MEN across the county are being asked to search for their inner Len Goodman as Strictly Oxford returns for its sixth year.

With a shortage of male participants, organisers Step by Step Oxford are urging potential dancers to take the plunge in this year's competition.

The main event raises funds for specialist Littlemore care home Vale House, which supports people with dementia, and is being held on Sunday, May 28.

Founder of Step by Step dance school Andrzej Mialkowski said he hoped this year's event would be bigger and better than ever.

He said: "We're raising more and more money for charity every year

so fingers crossed this year we do the best yet."

"The event has grown and grown since it first started. The last Strictly Oxford was sold out. It's absolutely brilliant to see the show. It's incredible to see people being so supportive. Family members come out and bring banners – it's great."

But he said he was concerned over the lack of men entering this year, adding: "We are desperate for men. They always hesitate but then love it when they take part. It's dancing, but it's also raising money for charity and a good way to exercise."

The event, which has raised more than £150,000 for Vale House, will

this year will have a 'Night at the Movies' theme.

The show will offer a total of 24 'personalities' the opportunity to learn how to dance a smooth waltz and a jive routine in just eight weeks, concluding with a performance at the Oxford New Theatre in front of family and friends. Each contestant is required to raise funds in sponsorship.

Organisers still need to find 12 men for this year's event. For more details or to apply email jo@danceschool-stepbystep.com or find the event's Facebook page by searching for Strictly Oxford.

To find out more about Vale House see valehouse.org.uk

Call to let the grass grow until the summer is over

Greens hope verges will be 'wildlife corridors' to allow flowers and insects to thrive

Pete Hughes
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OVERGROWN grass verges are one of the biggest bugbears for drivers, cyclists and pedestrians across Oxfordshire.

But now a brave green group have stuck their heads above the undergrowth to call for a radical approach – don't cut roadside verges at all during the summer.

North Oxfordshire Green Party wants Oxfordshire County Council to hold off trimming road verges until the end of August.

This is to allow them to become havens for wildflowers which support countless other species.

Green Party spokeswoman Jane Hamel, who lives in Banbury, said: "Road verges are increasingly important as 'wildlife corridors', allowing wildlife to move safely from one part of the country to another.

"The best way to manage verges to increase the diversity of flora and the invertebrates is to cut verges once in late summer, once the seeds have been shed – usually August is the best time for Oxfordshire – and



Jane Hamel, right, at a roadside verge on the A423 at Little Bourton with North Oxfordshire Green Party member Chris Manley, left, and chairman John Haywood

to take away the clippings. And, if possible cut once more before Christmas."

She also suggested cutting verges once in February before the flowering season and once again in September as an alternative.

At present Oxfordshire County

Council carries out one big cut of all grass verges every year starting in June – the middle of the flowering period for many plants.

In previous years, verges were cut five times a year, but this was slashed to just twice in 2015.

The budget was cut again in 2016

from £791,996 to £655,515, and now the council carries out just one main cut.

Last summer, as many verges started to become overgrown jungles in June, the *Banbury Cake* was inundated with calls from drivers, cyclists and pedestrians who said having their sightlines obscured was increasing the risk of accidents.

One of those was Paul Elliott, from Witney, whose cycle path to work in Eynsham was so overgrown he could not see it beneath his wheels.

He said the idea of only cutting verges at the end of the summer was "absolutely ridiculous".

He said: "People who use footpaths and cycle tracks tend to use them more in the summer."

"Last year my path got to the point where it was actually dangerous."

Th county council said it would 'consider' the request.

Spokesman Martin Crabtree said the authority already managed 30 'road verge nature reserves' (RVN-Rs) to enhance biodiversity by providing habitat for flowers and insects.

But he went on: "We will consider whether there is anything that can be done to improve biodiversity through the way we cut grass in other locations within our budget."



Care home residents do their bit for the Big Knit

Residents take on the big knit

RESIDENTS at a Banbury care home have done their bit for charity by knitting scores of mini hats for the Innocent Big Knit.

Residents and staff at The Ridings in Calder Close tapped into their creative side for the annual fundraising drive, which sees tiny bobble hats placed on the lids of Innocent smoothies. For each one sent off for the winter 2017 campaign a donation of 25p will be made to Age UK Oxfordshire.

So far a total of 8,700 hats have been sent off for the charity, which champions the rights and needs of older people living in the county.

If it can gather 28,000 it will also receive a one-off donation of £8,000 towards its currently unfunded information and advice helpline.

Karen Kyme, manager at The Ridings, said: "This was the first time we'd got involved with this amazing project. We had lots of fun knitting the hats in different patterns and designs."

Resident Doreen Stone added: "I've always enjoyed knitting and find it relaxing, so it's great to get together with my friends here and do it for a good cause."

"It was a lot of fun."

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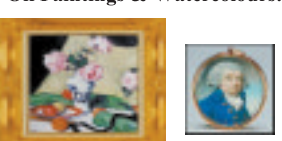
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Seven-day GP service rolled out

Doctors upping hours to get extra funding in move hailed as 'great news for patients'

Andy Ffrench
affrench@nqo.com

PATIENTS across Oxfordshire will be able to book an appointment to see their doctor seven days a week from today.

Several GP surgeries have taken the move to offer extended hours to help relieve pressure on over-stretched A&E departments.

Six practices in and around Abingdon have become some of the first to roll out the scheme with two other federations – one with 10 surgeries in South East Oxfordshire and another with 40 across the country – have also met the deadline for the new service with more to follow.

Some have described the extended hours as 'lunacy' and warned that surgeries are already stretched.

It comes after Prime Minister Theresa May urged all GP surgeries to offer seven-day opening hours and threatened to withhold funding if they didn't.

Manager of the Malthouse Surgery in The Charter, Abingdon, David Ridgway said the federation would receive more than £300,000 a year extra funding.

He added: "Our service will be the first in Oxfordshire where the majority of patients will be able to access not only any GP across the federation practices seven days a week, but will also have the option,



Abingdon GPs Dr Laura Singer and Dr Daniel Salmon with Malthouse Surgery practice manager David Ridgway

depending on where their surgery is in the seven-day rota, of actually accessing their own surgery in these extended hours when they are providing the additional seven-day extended hours service."

The new extended service will provide additional appointments from 6pm to 8pm on weekdays, nine hours on a Saturday and from 8am

to 11am on Sunday morning.

Mr Ridgway said 60,000 patients registered with six practices would benefit from 32 extra hours a week – about 150 extra appointments.

Three additional GPs were recruited at the Malthouse Surgery with a view to working seven days and there are now 14, with a total of 40 across the federation.

"I think this could put off some new recruits – 80 per cent of the GP trainee intake is now female and as a result a greater proportion is not going to want to work full-time."

Dr Laura Singer, a partner at the Malthouse Surgery, said: "This is very good news for patients. I will be working from 8am to 11am on Sunday in addition to my usual hours but then I will not be on the rota again for another three months."

Abingdon Surgery, Long Furlong Medical Centre and the Malthouse Surgery in Abingdon, Berinsfield Health Centre and Clifton Hampden Surgery are working as a federation, with each surgery providing extended hours on different days.

Patients will need to book appointments through their own surgery on weekdays, even if the appointment is in a different practice.

The weekend service is for routine appointments not for emergencies or walk-in appointments.

Jacquie Pearce-Gervis, a spokeswoman for Oxford health group Patient Voice, said: "This is excellent news for patients and a step in the right direction."

Executive director of Healthwatch Oxfordshire Rosalind Pearce said: "Improving access in this way should be good for patients but GP surgeries are already stretched."

It is hoped the extra hours will reduce pressure on our hospitals. Last month the *Banbury Cake* revealed the county's A&E departments had seen more than 5,400 patients in just two weeks and all non-urgent pre-planned operations at the John Radcliffe Hospital were cancelled.

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'Let's talk about mental health'

We must ensure that we don't try to bury this issue, insists student campaigner

Hannah Somerville
hsomerville@nqo.com

A YOUNG man with first-hand experience of mental health challenges in Oxfordshire has called on people to open up the conversation at work.

Charities, schools and businesses held events last Thursday to mark Time to Talk Day, a national drive to get as many people as possible talking about mental health.

One in four people will face a mental health problem at some point in their life, and since it launched three years ago, the campaign has sparked millions of conversations.

Student Josh Kaye, 20, pictured, from Deddington, runs a blog to improve people's understanding of the issue after facing anxiety, depression and an eating disorder as a teenager.

He said: "Anxiety feels like you are in the spotlight and everyone is looking at you. If someone laughs, they're laughing at you."

"About 13 months ago I didn't leave the house or speak to anyone for about seven months. Friends thought I had disappeared."

"On the blog I talk about everything I've been through and have had emails saying 'thank you for speaking out'."

"If you don't speak about it, you're giving it strength."

While studying for a degree in computer science at Northampton University, Mr Kaye is also holding down two jobs to get by.

He said: "When I started running the blog I had a job in a restaurant and found it hard, and I actually left the job."

"Employers should have a better understanding that people have down days; they're not going to necessarily be less productive, but won't want to speak as much."

Among the Banbury businesses to get involved with Time to Talk Day was Naomi's Cafe Bar in Bridge Street, which hosted a community talk-and-cake event to break down some of the misconceptions around mental health.

Time to Talk Day is organised

by charities Rethink Mental Illness and Mind and since 2014 has been supported by the NHS and the charity sector.

County-wide charity Oxfordshire Mind held a coffee morning with other local businesses at its Oxford office on Thursday with activities, games and cakes.

Spokeswoman Amelia Jones

said: "One in four of us will experience a mental health problem but many of us are too afraid to talk about it."

"Challenging stigma is a huge part of our mission at Oxfordshire Mind, so we are in full support of the Time to Change campaign."

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The power of the patriarch

FENCES (12A, 139 mins) Drama/Romance. Denzel Washington, Viola Davis, Stephen Robertson, Jovan Adepo, Russell Hornsby, Mykelti Williamson. Director: Denzel Washington
NOMINATED for four Academy Awards including Best Picture, *Fences* is an assured film adaptation of August Wilson's Pulitzer Prize-winning play, directed for the screen by Denzel Washington.

The actor already has two golden statuettes on his mantelpiece for the films *Glory* and *Training Day*, and he is vying for a third Oscar for his showy performance here.

Such plaudits come as little surprise since Washington is well acquainted with the stage production.

He simmered with tightly coiled rage in a 2010 Broadway revival co-starring Viola Davis.

Both won coveted Tony Awards for their incendiary portrayals of a couple struggling to hold together their marriage against a backdrop of economic uncertainty and bigotry in 1950s Pittsburgh.

Strong-willed patriarch Troy Maxson (Washington) presides over this tug-of-war for supremacy.

He works as a rubbish collector alongside best friend Jim (Stephen Robertson).

Troy toils in order to provide for his wife Rose (Davis) and their son Cory (Jovan Adepo).

The young man is a gifted athlete and is being scouted for college football.

Troy refuses to sign his son's permission slip because he believes the football leagues are rife with racial prejudice and he doesn't want his flesh and blood to fail, as he did playing baseball many years before.

This refusal to support his son's dream drives an insurmountable wedge between Troy and Cory.

Meanwhile, the patriarch clashes with his other son, Lyons (Russell Hornsby), who

only seems to materialise when he needs money.

Financial pressures tip Troy over the edge and his rage and frustration explode with devastating consequences.

Fences is a glittering showcase for the ensemble cast, led by the imperious Washington and Davis, who don't hold back in pivotal scenes.

Period detail is impressive and even though there is a palpable lack of cinematic dynamism to proceedings, there are plenty of dialogue-driven fireworks.

20TH CENTURY WOMEN (15, 118 mins) Drama/Comedy/Romance. Annette Bening, Lucas Jade Zumann, Greta Gerwig, Elle Fanning, Billy Crudup, Alia Shawkat. Director: Mike Mills.

A MOTHER thinks she knows best but is blissfully deluded in writer-director Mike Mills's autobiographical drama set in the warm glow of late 1970s California.

Loosely constructed as a series of bittersweet vignettes, *20th Century Women* adds a fictional gloss to the filmmaker's memories of his free-spirited mother, played on screen by the luminous Annette Bening.

The epicentre of the emotional whirl is bohemian mom Dorothea Fields (Bening), who gave birth to her teenage son Jamie (Lucas Jade Zumann) when she was 40.

She divorced her husband, who telephones on Jamie's birthday and at Christmas, but otherwise, mother and son are an inseparable unit.

They share a ramshackle home in Santa Barbara with New Wave photographer Abbie Porter (Greta Gerwig) and handyman William (Billy Crudup), who is slowly renovating the property.

This madcap menagerie of misfits is completed by 17-year-old waif Julie (Elle Fanning), the object of Jamie's hormone-driven affections, who refuses to entertain his clumsy fumbles.



Denzel Washington plays Troy Maxson and Viola Davis plays Rose Maxson in *Fences*; inset, Annette Bening as Dorothea Fields, Elle Fanning as Julie Miller and Greta Gerwig as Abbie Monroe in *20th Century Women*

Duly rebuffed, Jamie focuses his clumsy efforts instead on Abbie's punk friend, Trish (Alia Shawkat), who worries that he is too young.

Meanwhile, Dorothea grows concerned that she can't provide for her son's emotional needs and entreats Abbie and Julie to help her shepherd Jamie across the rubicon to adulthood.

Anchored by Bening's tour-de-force theatrics, *20th Century Women* is a compelling family portrait.

Generous laughs punctuate the sensitively handled soul-searching, which builds into a colourful mosaic of flashbacks, knowing voiceovers and heartbreaking regret.

Cake Bookworm

The End Of Eddy by Edouard Louis is published in hardback by Harvill Secker, priced £12.99 (ebook £9.99).

THE End Of Eddy is Edouard Louis' semi-autobiographical account of his childhood and adolescence in a village in rural France, where the residents are incarcerated by a life lived below the poverty line. Men are expected to act tough, to fight and drink, and to find work in the local factory, but Eddy finds himself unable to live up to the macho values that the community and, in particular, his father expect of him. Increasingly humiliated by the possibility that he might be gay, he tries desperately to act the "tough guy", dating girls and hiding his shame, but he is forever hounded by the abuse of his family and his peers. Writing from distance, having left the village behind, Louis has produced an at times nuanced, but always critical study of the conservatism of small communities.

Paris For One & Other Stories by Jojo Moyes is published in hardback by Michael Joseph, priced £12.99 (ebook £9.49)

PARIS For One & Other Stories is a collection of narratives by Jojo Moyes, whose romantic novel *Me Before You* was given the Hollywood treatment last year. The main star of the piece is the novella *Paris For One*. Dependable and careful Nell doesn't go anywhere or do anything without a cast-iron plan. But her boyfriend is reckless. One night, something comes alive in her and she books her first-ever romantic weekend away for the pair of them. Forfeiting a weekend with friends, she begins planning what she will do in Paris. But as she's about to step on the train, she learns that her boyfriend is running late, and by the time she's at the hotel, he isn't coming. Alone, Nell needs to find her feet. There are 10 other stories, all of them involving strong women and the complexities

of relationships in the modern world. A great read for fans of Moyes.

Eat Me: A Natural And Unnatural History Of Cannibalism by Bill Schutt is published in hardback by Profile Books, priced £14.99 (ebook £8.96)

WITHIN the first 10 pages, we've gone from Hannibal Lecter to tadpoles, and the pace doesn't let up as Schutt starts in his own discipline of zoology, showing how ubiquitous cannibalism is among animals. Though it turns out that apparently endearing animals such as mouthbrooding fish are far guiltier here than the notorious black widow (even if that spider's antipodean cousin, the redback, does get its copulation/consumption habits described in lovingly ghoulish detail). It's a fascinating and surprisingly fun read, though laughing at a history of cannibalism can garner you some funny looks on public transport.

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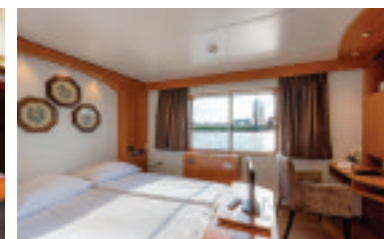
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Beautiful Valleys of the Rhine & Moselle*	7	12 Jun, 18 Sep	£879
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Amsterdam & Bulbfields Spectacular*	4	5, 11, 14, 17 Apr	£349
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The Rhine in Flames	8	27 Jun	£899
Cruise the Glorious Rhine	6	4 Jun, 14 Oct	£549
The Rhine & the Black Forest	6	9, 14 Jun, 24 Oct	£649
The Rhine & Moselle	7	23, 29 Jul	£759
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Oxfordshire Listings

Events

THURSDAY

Film Special Event: Abingdon Health and Wellbeing Centre, Audlett Drive, Abingdon. Robert W. Paul (1869-1943), is one of the major British film pioneers, designing film cameras and making many films between 1895 and 1908. Ian Christie, Professor of Film and Media History at Birkbeck College, London, will screen and discuss a selection of Paul's work. 7.45pm. £6. 01235 521976.

Horizon Lectures: Amey Theatre, Abingdon School, Park Street, Abingdon. Adventurer Alastair Humphreys. 7.30pm. £12.50. 01235 521563.

Abingdon Anglo-German Club: The Abbey Chapel, Checker Walk, Abingdon. Talk on The Memelland: On The Edge of East Prussia and Memory by Karl Wallendzus. 7.30pm. Recommended contribution £7. 01235 533887.

West Oxon Decorative and Fine Arts Society: Witney Methodist Church, High Street, Witney. Lecture by Dr Susan Kay-Williams on Tapestry from the Middle Ages to the Millenium. 7.30pm. Guests and visitors £6. 01993 776568.

FRIDAY

The Blewbury Artists from the 1880s: Aston Tirrold United Reformed Church, Centre for Reflection, Spring Lane, Aston Tirrold. Talk about the Blewbury Artists illustrated by a presentation showing a selection of paintings from the 1880s. 7.30pm. Donation. 01235 850423.

Witney Bytomic Taekwondo Classes: Wood Green School, Woodstock Road, Witney. 7pm. Monthly fees apply. 01844 281888.

SATURDAY

Abingdon Peace Group Jumble Sale: Northcourt Centre, Northcourt Road, Abingdon. 11am. 50p. 01235 526265.

Bicester & Kidlington Ramblers: Cow Common car aprk, Ewelme. A leisurely eight-mile walk to Swyncombe on the edge of the Chilterns. Bring a picnic lunch. 10am. Free. 01865 375110.

Kings and Queens: Oxford Castle Unlocked, 44-46 Oxford Castle, Oxford. This February half-term, discover the regal side of Oxford's castle prison. Meet two new character tour guides as King Stephen and King Charles I are brought to life to lead visitors on a guided tour, exploring a Saxon tower, crypt and prison wing. Children will be challenged to solve an activity trail, claiming their reward from the castle treasurer. A royal workshop will also be held throughout the week, included in the ticket price, encouraging children to craft their own crown. Adult £10.95, child £7.75, concession £9.25. 01865 260666.

National Art and Design Saturday Club: Banbury and Bicester College, Broughton Road, Oxford. Free programme for 14-16 year olds. 10am. 0808 168 6626.

Nature Explorer Trail: Upton House and Gardens, Banbury. For half-term, discover things which wriggle, crawl, dig and fly around Upton. Solve the clues and earn a prize. 11am. £2.50 per trail, normal admission price apply. 01295 671122.

Out in Oxford Party at the Pitt: Pitt Rivers Museum, South Parks Road, Oxford. A night celebrating LGBTQ+ histories from Oxfordshire and beyond. Live performances, pop-up exhibitions, micro-talks and interactive activities. 7-10pm/Free but booking essential.

Hijinx Puppet Making Workshop: Cornerstone Arts Centre, 25 Station Road, Didcot. Learn how to make puppets featured in the tour *Meet Fred*. One-off workshop, no experience required. 1pm-4pm. £15.

Pendon Museum Reopens for 2017: Pendon Museum, High Street, Long Wittenham. 11am. Adult £7.50, child £5.50 (under 5 free). 01865 407365.

Walk (Fieldpaths): Brill Windmill, Brill. SP652142 5.6 miles. A circular walk adapted from the leader's book Milestones to Millstones (slightly shorter). Bring refreshments and a picnic. 10am. 07919 121505.

Willow Hearts: No Two Things, 120 Broadway, Didcot. Vikki leads a class in making rustic willow hearts – perfect for Valentine's Day. 10am. £20. 01235 511550.

SUNDAY

Bytomic Taekwondo Classes: Brookside Primary School, Bucknell Road, Bicester. 5pm. 01844 281888.

Tea Dance: GF Sports & Social Club, Spiceball Park Road, Spiceball Park, Banbury. Ballroom latin & popular sequence dancing to music by Richard Tarver. Bring & share food but tea, coffee & squash are provided. 3pm. £4. 01295 258426.

MONDAY

Creepy Crawly Comics: Earth Trust, Little Wittenham. Comic drawing session with popular cartoonist Neill Cameron. Explore the nature reserve and then create a comic. Booking essential. 10am. £30. 01865 407792.

Godwits – bird talk: Banbury Cricket Club, White Post Road, Bodicote. Banbury Ornithological Society's speaker is Daniel Hayhow from the RSPB. 7.30pm. Free.

Henna Art: No Two Things, 120 Broadway, Didcot. Professional henna artist Tanya will teach how to mix the henna paste, construct the design and apply the mixture. 7pm. £25. 01235 511550.

Masons Apron Northwest Morris: Recreation Hall, Main Street, Long Hanborough. Masons Apron Ladies Northwest Morris winter practice season. 8.15pm. £5 annual fee plus £2 per week. 01993 200717.

Mud Pie Monday: Earth Trust, Little Wittenham. Youngsters will have the opportunity to get creative (and messy) in the mud kitchen. Wellies and waterproofs advisable. No need to book but please arrive at the stated start time. 10am. £4 suggested donation per child. 01865 407792.

Planetarium: Earth Trust, Little Wittenham. Science Oxford is bringing their pop-up Planetarium to the Earth Trust Centre. There'll be 30 minute slots in the planetarium followed by astronomical activities. 3pm. £9 per child, one adult free, or subsequently £4.50. 01865 407792.

Pyrography: No Two Things, 120 Broadway, Didcot. Bert is back to teach you the basics of pyrography (burning into wood). 2pm. £20. 01235 511550.

Women's Self Defence and Fitness Class: The Pavilion, Roosevelt Road, Long Hanborough. Ages from 13 upwards welcome. 8pm. £5. 07834 022463.

TUESDAY

Bicester & Kidlington Ramblers: Car park, Great Tew. A leisurely four-mile ramble via Little Tew. 10am. Free. 07939 826412.

Natural History Talk: The Community Centre, New Road, Woodstock. Timothy Walker, 'Sex, Lies and Putrefaction'. For The Woodstock Natural History Society. Visitors Welcome £2. 7.30pm. 01993 812004.

Ramblers walk: New Inn Lane, Beckley. Leisurely five-mile walk to Stanton St John and Sydlings Copse. Sorry walk not suitable for dogs. 10am. 01865 358905.

Stone Age Rocks: Vale & Downland Museum, 19 Church Street, Wantage.

To get an event of any kind listed here, enter the details into our easy-to-use online database at thisisoxfordshire.co.uk/events

Please add your event no later than ten days before the day of publication.

Free activity day for all the family, all activities will be focused around the Stone Age. See www.wantage-museum.com 10am. Free entry but some activities require a donation. 01235 771447.

Tea Dance: Woodstock Social Club, 44 Oxford Street, Woodstock. 2pm. £2. 01993 811473.

Walk (Fieldpaths): The Leys, Parking behind St Mary's Church, Witney. SP356092 six miles. The Witney blanket trail walk followed by a walk around Witney Lakes. Bring refreshments for en route break. Assistance dogs only. 10am. 07884 252885.

Wild at Heart – Love is in the air: Sutton Courtenay Environmental Education Centre, Sutton Courtenay Road, Sutton Courtenay. Find out what our wildlife is up to this February. Explore the reserve then enjoy crafts by the fire. See bbowt.org.uk to book. 10am. £4 per child, accompanying adults free. 0123 5862024.

WEDNESDAY

Bicester & Kidlington Ramblers: The Church, Steeple Barton, Steeple Barton. A leisurely 5.6-mile circular walk via Tittenford Bridge. Spring flowers should be in bloom. 10am. Free. 07950 388090.

Grove RFC Ladies Rugby: Grove RFC, Recreation Lane, Grove. 7pm. Annual membership £70 after three free sessions. 07970292322.

Jewellery – Viking knit bracelet: No Two Things, 120 Broadway, Didcot. Workshop on bracelets made on a knitting dolly. 7pm. £25. 01235 511550.

Satirist to Insanity – Celebrating the work of James Gillray: Trinity Church, Conduit Road, Abingdon. Abingdon Decorative and Fine Arts Society (ADFAS) monthly lecture meeting. NADFAS accredited lecturer Ian Keable will be taking a look at the satirical images of James Gillray that ridicule the politicians and the Royal Family of the 1800s. 2pm. £6 non-members. 01235 523370.

Wildlife Wednesday: Mowbray Fields, Didcot. The Earth Trust's roving Wildlife Wednesday includes tracks and signs; meet rescued wild owls, hedgehogs and rabbits with zoologist Sasha Norris; rope swings and hammocks; natural arts and crafts; scavenger hunt; potion making and the mud kitchen. No need to book. 10am. £2 suggested donation per child. 01865 407792.

Woodland Adventure: Earth Trust, Little Wittenham. An expedition for five to eight year olds. Use your detective skills to explore, build and play in the woods. No need to book. 10am. £4 suggested donation per child. 01865 407792.

Music

THURSDAY

The Bullingdon, 162 Cowley Road, Oxford: The Brew. Shake The Tree UK Tour. Plus support from Hell's Gazelles. £10 (NUS £5). 7pm. 01865 434998.

Unicorn Theatre, Checker Walk, Abingdon: Dalla. Original but trad-inspired compositions and colourful treatments of traditional Cornish songs and tunes. Support from The DollyWellyBoot Band. 7.15pm. £14. See www.musicaltheunicorn.org.uk

The Wheatsheaf, 129 High Street, Oxford: Josh Kemp. The Spin Jazz Club. Jazz saxophonist accompanied by The

Spin Trio. 8.30pm. £10, £8 (conc), £6 (student).

O2 Academy Oxford, 190 Cowley Road, Oxford: Little Comets. Indie rockers on UK tour. 7pm. £14.

New Theatre, 2 George Street Oxford: Mercury: The Ultimate Queen Tribute. 7.30pm. £20.50.

The Cock Inn, Combe: Nick Gill. Classic jazz and ragtime piano/vocals. 8-11pm. Free.

FRIDAY

General Foods S&S Club, Spiceball Park, Banbury: C.Ody. Vocal guitarist. 8.30pm. 01295 252852.

Sheldonian Theatre, Broad Street, Oxford: Paul Lewis. Pianist. £10-42. 7.30pm.

The Angel, Market Square, Witney: Jamie Felton. Singer songwriter. Free. 9pm. 01993 703238.

The Methodist Church, High Street, Witney: Witney Winter Concert – Odysseus Piano Trio. Sara Trickey, violin, Gregor Riddell, cello and Clare Hammond, piano. £12 (£11 seniors, £1 under-19). 7.30pm. 01993 898020.

The White House, Abingdon Road, Oxford: The Longest Johns. Oxford Folk Club. £6. 8.30pm. 01865 768128.

Wine Vaults, Parsons Street, Banbury: Joe Holic. Vocal guitarist. Free. 9.30pm. 01295 261281.

O2 Academy Oxford, 190 Cowley Road, Oxford: Loud Mountains, Low Island, Luke May, Tilly Valentine, Stolby. 7pm. £8.

The Jericho Tavern, 56 Walton Street, Oxford: The Original Rabbit Foot Spasm Band French Revolution Knees Up and Support Jump Steady. 8pm-midnight. £8 advance, more on the door.

The Cellar, Frewin Court, Oxford: Thought Forms, Flights of Helios, Egrets. Shoegaze and ambient soundscapes. 7pm. £8 (adv).

SATURDAY

Holywell Music Room, Holywell Street, Oxford: Chamber music: works for piano and violin by Bach, Mozart, Leighton and Elgar. Josephine Robertson, violin, and John Bryden, piano. Free entry with a collection for charity. 8pm.

St Peter's Church, First Turn, Wolvercote: Organ Open Day. Experienced and novice keyboard players alike are invited to play St Peter's recently-installed, fully mechanical Jennings Organ. No need to book although players are advised to register in advance to avoid long waits. Free. 10.30am. 01865 558165.

The Queen's College, High Street, Oxford: Saturday Recital Series. Vocal recital with Glenn Wong. Admission is free with a retiring collection. 1.30pm. 01865 279120.

Tiddy Hall, Shipton Road, Ascott-under-Wychwood: Kieran Halpin plus support from Damian Clarke. Wychwood Folk Club. £8 in advance, £10 on the door. 8pm. 01993 831427.

O2 Academy Oxford, 190 Cowley Road, Oxford: Cash, Hannah Clapham. Tribute to The Man In Black. 6.30pm. £11.

The Bullingdon, 162 Cowley Road, Oxford: Fred Abbot, Anton Barbeau & Su Jordan. Solo show from former Noah & The Whale guitarist. 7pm. £10 (adv), £12 (otd).

New Theatre, 2 George Street, Oxford: Roy Wood, Nik Lowe. 70s glam rock legend. 7.30pm. £33.65.

SUNDAY

Oxford Wine Café, 38 South Parade, Summertown: Janet Mason Trio. Piano, bass and drums. 6.30-9pm. Free.

The Bullingdon, 162 Cowley Road, Oxford: Spring King, The Big Moon, Get Inuit. Garage rock. 7pm. £10 (adv).

MONDAY

The Bullingdon, 162 Cowley Road, Oxford: Ben Watt, Michele Stodart. Former Everything But The Girl singer plus Magic Numbers singer. 7.30pm. £15 (adv).

O2 Academy Oxford, 190 Cowley Road, Oxford: Kate Nash. Popular UK singer-songwriter. 7pm. £14.

TUESDAY

Ashmolean Museum, Beaumont Street, Oxford: Royal Academy Strings – OSJ Ashmolean Prom. Tchaikovsky string serenade, Shostakovich prelude and scherzo, Arensky Variations, Koussevitsky Bass concerto. £16 / £8. 7.30pm. 07775 904626.

O2 Academy Oxford, 190 Cowley Road, Oxford: Ladyhawke, Isle. New Zealand synth-pop artist. 7pm. £14.

WEDNESDAY

O2 Academy Oxford, 190 Cowley Road, Oxford: Galactic Empire, Sithu Aye. Heavy metal interpretation of John Williams pieces from the soundtracks of the Star Wars films. 6.30pm. £10.

Theatre

Andrew Wiles Building, Woodstock Road, Oxford: Until Mar 5, 1984. Creation Theatre. 7.30pm. £18-£23. 01865 766266.

Burton Taylor Studio, Beaumont Street, Oxford: Until Feb 11, *Dying Light*. 7.30pm. £5. Feb 14, 16 and 18. *The Parakeets*. New Writing Festival. 7.30pm. £5. Feb 14, 16 and 18. *The Optimists*. New Writing Festival. 9.30pm. £5. 01865 305305.

Jacqueline du Pré Music Building, St Hilda's College, Oxford: Feb 10, *Three Men in a Boat: A Rather Sketchy Show*. <https://jdp.st-hildas.ox.ac.uk/events> 8pm. Gallery £15, stalls £12, students £12/£10. 01865 286660.

Oxford Playhouse, Beaumont Street, Oxford: Until Feb 11, *Suddenly Last Summer*. 7.30pm. £11.50-£19. Feb 10, *600 People*. Performed by Alexander Kelly. 5pm. £7. Feb 14-18, *Pink Mist*. The story of three young men deployed to Afghanistan. 7.30pm. £11.50-£28. 01865 305305.

The Story Museum, 42 Pembroke Street, Oxford: Feb 11, *The Adventures Of Book Worm*. Emma Boor leads an interactive puppets and play session. 10.30am. £4 per person. 01865 790050.

New Theatre, George Street, Oxford: Feb 10, *Ross Noble – Brain Dump*. 8pm. £29.15 plus £2.85 transaction fee. Feb 12, *Some Guys Have All The Luck – The Rod Stewart Story*. 7.30pm. £22.40 - £25.90 plus £2.85 transaction fee. 0844 871 7615.

Chipping Norton Theatre, Spring Street, Chipping Norton: Feb 9, *The Vanishing Man*. The story of Edwardian magician Hugo Cedar. 7.45pm. £14 (£12). Feb 10, *The Bob Dylan Story*. 7.45pm. Feb 11, *William Shakespeare's Long Lost First Play*. Reduced Shakespeare Company. 4pm and 7.45pm. £16.50 (£14.50). Feb 15, Andy Parsons. 7.45pm. £16.50. 01608 642350.

Cornerstone, Station Road, Didcot: Feb 10, *The Noise Next Door: Upoor!* Comedy improve troupe. 8pm. £15, £13.50. 01235 515144.



STARS

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ARIES

Mar 21-Apr 19

You're entering a really productive stage of your life where you won't be taking no for an answer. You'll be focusing on your goals with stamina and determination. Challenges in the home can be faced if you work as a team, so join forces with those you know can help you to visit this Valentines week to the full. Ring now for a secret romantic revelation I hold for you.

0906 585 4360



LIBRA

Sep 23-Oct 22

Others may think you're being selfish recently, but I can see that you're finally just going for what you want. A recently broken friendship or relationship is actually a blessing in disguise. Dressing better than you usually do can give you the edge in love this Valentines. It's time to show the world who you are, not who they think you want to be. Ring now so I can explain in full.

0906 585 4366



TAURUS

Apr 20-May 20

The need for you to create a firmer base for yourself is evident but getting answers from close ones about what they really want is proving almost impossible. A lack of energy at the weekend could see you cancelling plans you've made. Don't. There's someone you're going to be ecstatic to see if you can keep to arrangements. Ring now to hear why you're more psychic this weekend.

0906 585 4366



SCORPIO

Oct 23-Nov 21

You begin to make sense of the recent mixed messages you've been led to love. You realise that the tall stories those around you were telling were actually very honest truths. Slow down in career and financial matters and try to take the blinkers off. There is a far better world waiting for you if you'd breathe and focus. Ring now so I can guide you better.

0906 585 4367



GEMINI

May 21-Jun 20

Try not to cut corners in your work this week, but spend some of your time working on how you can do your job better. You may not realise it, but important faces are watching your every move and are being able to give you some amazing breaks if you can show you are serious about your dreams and desires. Ring now to hear why you must resist the urge to text an ex this Valentines Day.

0906 585 4362



SAGITTARIUS

Nov 22-Dec 21

Financial promises you made may well have to be changed as you do your sums and work out what and who needs to be a priority. Conversations with older family members need to be had in order to find out what can be done to make you work better together. There is a lot you do not know, but will soon learn. Ring now to hear why I know this Valentines week will leave you smiling.

0906 585 4368



CANCER

Jun 21-Jul 22

Love and hate seem to come really close together for you over this Valentines week. This has a lot to do with the fact that you have been expecting your loved ones to read your mind. Say what you feel and lay your cards on the table so that everyone finally knows where they stand. Broken plans make way for better times this weekend. Ring now so I can explain fully.

0906 585 4363



CAPRICORN

Dec 22-Jan 19

Try to have more confidence in who you are and what you want as, I can see from your chart, you who you not been feeling as strong as you should in recent days and weeks. A change to your usual routine gives you the chance to mix with a more alternative crowd and gives you new direction and inspiration. Ring now to hear who can't get you off of their mind.

0906 585 4369



LEO

Jul 23-Aug 22

What do you really want out of life Leo? Have you asked yourself lately, as aspects suggest that your true dreams and desires got a little lost amongst the needs and wants of others? Financial commitments face uncertainty, but go to the higher power to get what you want, how you want it and to ensure that you get a fair deal. Ring now to hear how Mercury hands you the power to seduce this Valentines.

0906 585 4364



AQUARIUS

Jan 20-Feb 18

Consider a postage stamp. It has the ability to stick to something for a length of time, which is something you've been finding hard to do lately. Try to recognise your dreams in order of priority and make a new game plan. This is the week you can make your best headway yet. Ring now to hear how news of babies or pregnancies is more significant than you think.

0906 585 4370



VIRGO

Aug 23-Sep 22

Make sure you are not saying what others want to hear just to please them, or you will end up with egg on your face. Mars brings out your more honest side from Thursday when it will prove hard for you to not to say exactly what is on your mind and in your heart. Geminiis link to a career break. Ring now to hear why it's worth working hard this month.

0906 585 4365



PISCES

Feb 19-Mar 20

Travel is well starred and you start to focus on what needs to be done to put the fun and enjoyment back into your life. I can see you've been under a lot of stress, and it's starting to lift now. By the end of this Valentines week you realise that your glass is indeed half full and not half empty anymore. Ring now to hear how meeting people who own animals proves lucky for you.

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New Instruction



Fulwell Close

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Broughton Road

Martin & Co are pleased to present a new to the market one bedroom room with ensuite shower in a shared house conveniently situated within walking distance to the town centre and train station. The room benefits from a kitchenette area also. The room is fully furnished and all bills are inclusive. Ideal for a single professional.

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Martin & Co are pleased to offer this charming, well presented two bedroom terraced property available immediately in the heart of Aynho village. The property comprises living room; kitchen. Upstairs there are two bedrooms and a bathroom with bath and shower.

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Kings Road

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And sometimes good things come in small packages – so today we look at the top reasons for choosing to work in a small legal firm.

■ Wide variety of work

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■ Own your work

The fewer the people in a firm,

the greater the accountability – and the greater the rewards.

It's easier to stand out in a smaller law firm when you do a good job instead of spending years hoping to get noticed by the top floor.

■ More client interaction

Smaller firms offer more autonomy and responsibility. This means greater interaction with clients and the chance to see the human side of legal work – a relief after all those years staring at textbooks and documents.

■ Greater flexibility

The adaptable environment of a small law firm can mean more flexibility in hours, roles and routine. There may be fewer

rules and regulations sent down on high from HR and more opportunities to become involved in other areas of the business, such as IT or marketing.

■ Better relationships

Just like the bar in TV's Cheers, everyone knows your name in a small firm and probably your fave Friday night tippie too. That's a huge contrast to being part of a legal colossus where colleagues run into hundreds.

■ Faster partnership track

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Department for Transport

TOWN AND COUNTRY PLANNING ACT 1990

The Secretary of State gives notice of an Order made under Section 247 of the above Act entitled "The Stopping up of Highway (South East) (No. 7) Order 2017" authorising the stopping up of a section of the Camp Road/Dacey Drive roundabout junction at Upper Heyford, in the District of Cherwell to enable development as permitted by Cherwell District Council under references 10/01642/OUT and 14/01740/REM.

Copies of the Order may be obtained, free of charge, from the Secretary of State, National Transport Casework Team, Tyneside House, Skinnerburn Road, Newcastle Business Park, Newcastle upon Tyne NE4 7AR or nationalcasework@dft.gsi.gov.uk (quoting NATTRAN/SE/S247/1431) and may be inspected during normal opening hours at Heyford Park Free School, 52 Camp Road, Upper Heyford OX25 5HD.

Any person aggrieved by or desiring to question the validity of or any provision within the Order, on the grounds that it is not within the powers of the above Act or that any requirement or regulation made has not been complied with, may, within 6 weeks of 09 February 2017 apply to the High Court for the suspension or quashing of the Order or of any provision included.

G Patrick, Casework Manager

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